



June 10 - 12, 2005

The Eastover, Lenox, MA

A Weekend of Outdoors Skills for Women

Thank you to the following organizations which are proud to sponsor
Becoming an Outdoors-Woman in Massachusetts.

Massachusetts Sponsors: Mass. Div. of Fisheries & Wildlife • Gun Owners' Action League • Mass. Sportsmen's Council • Massachusetts State Chapter - National Wild Turkey Federation • Massachusetts Wildlife Federation • Rocky Mountain Elk Foundation • Safari Club International, N. E. Chapter • Smith & Wesson, Inc.

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Becoming an Outdoorswoman

Becoming an Outdoorswoman is a program for the learning of outdoors skills — skills often associated with hunting and fishing, but useful for many outdoor pursuits. Designed for women, it offers an opportunity for anyone 18 years of age or older, and is for you if ...

- 🌿 you have never tried these activities, but want an opportunity to learn,
 - 🌿 you are a novice who would like to improve your skills,
 - 🌿 you have tried some of these activities but would like to try new ones,
 - 🌿 you are looking for the camaraderie of like-minded individuals.
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Workshop Offerings

Friday A.M. (Pre-Session 9:00 - 12:00)

Introduction to Firearms — Learn the basic actions of a variety of firearms, safety, proper handling techniques in the field as well as cleaning and storage.

THIS IS A REQUIREMENT FOR ANYONE TAKING A SHOOTING WORKSHOP WHO HAS LITTLE OR NO PREVIOUS FAMILIARITY WITH GUNS.

Friday P.M. (Session I)

- A. Introduction to Firearms** — Repeat of Pre-Session.
- B. Fishing Basics** — Learn the art of catching fish. Topics include fishing gear, fish habits and behavior, and reading the aquatic landscape.
- C. Riflery for Beginners** — The .22 rifle is the easiest firearm for beginning shooters. If you think you might like target shooting but you aren't quite sure, this session is a good place to start
- D. Archery** — For skill and precision training, few sports can compete with archery. Rain or shine our instructors will get you on the bullseye in short order.
- E. Wild Edibles** — “Gather ye rosebuds while ye may,” along with marsh marigolds, cattails, etc. Russ Cohen, noted authority and author of *Wild Plants I Have Known and Eaten*, has many decades of experience teaching about and eating wild plants. Learn to find, identify and prepare delicious wild snacks.
- F. Meet the Birds** —Take a leisurely bird walk with a naturalist/biologist guide. Learn to spot and identify many of the area's feathered residents.
- G. Ropes** — Step outside your “comfort zone.” Would you like to try climbing or learn how rock climbers stay safe while climbing through belaying? You can do both. Learn to climb, “belay” other participants and lower them safely to the ground. Set goals that become attainable through planning and teamwork. There is an additional charge of \$30 for this session.
Minimum 8, Maximum 20 participants
- H. Map & Compass Skills** — Learn to read simple maps and use a compass to find your way through fields and forests. This course is highly recommended for anyone planning to hike, hunt, use a GPS or take the upcoming Geocaching course (Session BB).
- I. Basic Horsemanship** — Get acquainted with horses and horseback riding. You will be introduced to the basics of handling. (An additional charge of \$25 for this session to be paid directly to the stable.)
- J. Basic Kayaking** — Learn basic kayaking skills using “sit-on-top” kayaks.
Limit 10.

Saturday A.M. (Session II)

- K. ATV Basics** — Learn the principles and behaviors of safe and responsible ATV riding. You will learn how to do a proper pre-ride inspection, ride in a variety of conditions, and negotiate obstacles. You must bring a pair of gloves, over the ankle boots, long sleeve shirt and pants. If you have a DOT approved motorcycle helmet and goggles please bring them, otherwise we will provide helmets, ATVs, and eye protection. Limit 8.
- L. Fly Fishing I** — This is a beginners workshop which will take place on the grass. Participants will become familiar with basic fly fishing equipment and become proficient in the 30' cast. Also, learn the basic fly types and how to use them.
- M. Walking Stick Defense** — A walking stick, cane or ski pole can be a very effective means of defense for the outdoors-woman. Increase your options for safety at this new workshop. Walking sticks will be provided. Limit 15.
- N. Beginning Shotgun** — Shotguns are the firearm of choice for hunters in Massachusetts. Learn to hit a moving target — clay pigeons in use. The techniques you will learn apply to many types of targets including game.
- O. Beginning Handgun** — Handguns provide exciting options for precision shooting. Brush up your skills and learn a new and possibly competitive sport.
- P. Intermediate Archery** — If you have learned the basics of archery and want a chance to improve your shooting under the guidance of master bowhunters, try this session. You'll be right on target.
- Q. Take a Hike!** — Hike at historic Kennedy Park. We will view Mount Greylock from the Look-out, take in spectacular vistas, explore the ruins and former location of the Aspinwall Hotel and more.
- R. Reading Wildlife Sign** — Learn how to spot and identify tracks, scat, hair and other often subtle clues that record the daily lives of wild animals. Limit 12.
- S. Lost in the Woods...Now What? I** — This two-part, hands-on class will introduce you to attitudes and skills needed to gracefully manage an unexpected stay in the woods: what to do before you set out, what to take and why, prioritizing your needs and actually building a debris hut and a cozy fire.
- T. Spend a morning practicing your new fishing skills** — under the guidance of an expert angler. Group will fish at body of water tbd. Limit 6.

Saturday P.M. (Session III)

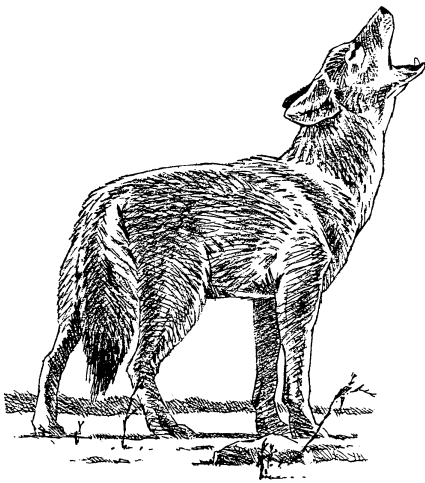
- U. Fly Fishing II** — Participants will use their casting skills at a lake or pond. With luck they will have a chance to practice hooking, landing and releasing fish. (Prerequisite Fly Fishing I or equivalent.)
- V. Lost in the Woods...Now What? II** — This is a continuation of session T. The workshop will cover signaling for help, obtaining water, foraging for food, finding directions without a compass, emergency first aid and dealing with wildlife. (Pre-requisite Lost in the Woods... I.)
- W. Finishing School** — This is a first for Massachusetts' BOW program, and an experiment of sorts designed by noted outdoor writer V. Paul Reynolds after he helped his wife prepare for a solo trip out west.

In this workshop you will learn a little about a lot of things. It is a survival course as much as a "finishing school" — not so much for when you get lost in the woods but for when you break down in the woods or at a remote camp, or have a flat when there's no one to help, or your only propane light goes on the blink when you're camping, or your headlights go out on your truck at night on a back road, or a fallen tree has blocked the road and it's the only way out, or your rented outboard motor quits at the other end of the lake and there's no one around... Anyway, you get the idea.

- X. Canoeing for Beginners** — Learn to paddle your own canoe in this “on-the-water” session. This session is for beginners and is great preparation for session KK. Limit 10.
- Y. Skull and Bone Identification** — Have you ever found a skull or bone while hiking in the woods or along the shore and wondered what animal it came from? Skeletal remains are some of the most common and interesting evidence of animals that share the environment with us. Richard Wolniewicz, author of the *Field Guide to the Skulls and Bones of Mammals in the Northeastern United States* will join us with a comprehensive and interactive workshop to show you what to look for to identify these animals. From tiny bones found in owl pellets to larger bones of animals like deer you will learn to use the keys to identify your find. Feel free to bring any NE bones or skulls that you would like to identify.
- Z. The Fear Factor** — There are certain animals that have a special cachet. Some people are fascinated by snakes, lizards, spiders or bats; other people are nervous about them. Meet them through and with an expert handler. We’re convinced you’ll lose any uneasiness you may have.
- AA. Small Bore Shooting for Beginners** — A combination of sessions C and O.
- BB. Geocaching** — Geocaching may well be the fastest growing sport in the nation today. This is a grown-up treasure hunt conducted with map, compass and GPS. Caches are found everywhere. To learn more about this sport visit www.geocaching.com.
- CC. Basic Horsemanship** — Repeat of Session I. Limit 5.
(There is an additional charge of \$25 for this session to be paid directly to the stable.)
- DD. The Nature of Self Defense** — Cultural stereotypes still portray women as victims, incapable of self defense and dependent on others for protection. In this fun and non-threatening workshop we will affirm our right to self-preservation, differentiate between fear and anxiety and practice simple, effective techniques of self defense.

Sunday A.M. (Session IV)

- EE. Fly-Tying** — This session, taught by a group of passionate fly fishermen, will explain macro-invertebrates and minnows, demonstrate wet and dry flies, and lead the participant through making a fly of her choice.
- FF. Black Powder** — Learn to shoot a flintlock, caplock or muzzle loader. Black powder hunting is a rapidly growing sport and learning to shoot with these firearms is challenging and fun.
- GG. Intermediate Shotgun Workshop** – details tba
- HH. Backpacking** — Proper preparation makes all the difference between aches and a comfortable experience. Learn how to prepare yourself for an enjoyable backpacking trip. A short hike will be included if time permits.
- II. Fish and Game Cookery with Chef Myron** – Once you have gathered the fruits of our woods and waters you owe it to the game and to yourself to prepare dishes fit for royalty – after all that is why historically the rights to wild fish and game were reserved to the royals in Great Britain and Europe. Chef Myron, originator of Myron’s Sauces, will lead workshop in outdoor preparation of fish and game. Limit 10.
- JJ. Ropes** — Repeat of session G.
- KK. Canoeing II** — For the paddler with a bit of adventure and stamina this is a half day adventure traveling through some of the most scenic portions of the Housatonic River.
- LL. Plants for Wildlife** — Survey your site, know your natives and plan your property. Make your property more (or less) attractive to wildlife. Bring specific questions or issues. Limit 8.
- MM. Lessons from the Past** — Enjoy a look at Native Americans’ stone tools as well as their use of wildlife for food, tools and clothing with naturalist and archeology enthusiast Randy Julius.
- NN. Nature Photography** — Expect the unexpected when you spend the morning in the field with noted photographer/ naturalist John Green. Learn new ways of looking at your surroundings. Bring your own camera.



Please Read Carefully

Workshop Fee: Workshop Fee includes instruction, program materials, use of demonstration equipment, transportation to off-site sessions, seven meals, and two nights lodging. The fee for the weekend is \$300.00 per person. Sign up early as registration is limited. Coming with a family member? You may be eligible for a special discount — see below.

Family Discount: a 10% discount will be given on any Mother/Daughter, Grandmother/Granddaughter or Sister registrations.

Upon receipt of your registration and payment, you will be sent a confirmation letter with a map to the Eastover Resort and a list of appropriate clothing and equipment. Participants are encouraged to bring cameras and binoculars.

Cancellation Deadline is May 31: If you are unable to attend, you may transfer your registration to any other person who wishes to attend the workshop. If you must cancel a reservation before May 31, you will receive a refund less a \$50 processing fee. After that date, you will be assessed the full program fee. (Registrations will be accepted until 4 PM on June 1, 2005.)

Scholarships: A number of partial scholarships are available. Applicants will be required to pay \$140. Please send your written request for a scholarship along with a check for \$140 and registration materials to the BOW workshop address. Preference will be given to full-time students and single-parent households. Please include a written paragraph, "Why I want to Become an Outdoorswoman."

Lodging: Eastover has a beautiful series of lodges and cabins situated on 1000 acres of fields and gardens adjacent to October Mtn. State Forest. Most rooms are doubles. Single rooms are available for an additional \$30.00/night. All lodging is non-smoking.

Roommate request (if any) _____ .
(not requesting a roommate is a great way to meet new people)

Preferences: (please circle one) Early To Bed or Night Owl

Meals: Let us know of any special diet, lactose intolerance, food allergies or requests for vegetarian meals.

Special Needs: *If you have a disability, medical condition or restricted diet requirements, please indicate them with your registration. We will do our best to accomodate your needs.*

Registrations will be processed in the order received by the postmark on the envelope with preference given to those who have not attended a "Becoming an Outdoors-Woman" workshop in Massachusetts. Mail your registration forms as soon as possible to ensure participation in the sessions of your choice!

Registration Form

Becoming an Outdoorswoman in Massachusetts

June 10 - 12, 2005

Use this form to register.

Complete and send enrollment form and fee to:

Becoming An Outdoorswoman

Massachusetts Division of Fisheries & Wildlife, 1 Rabbit Hill Road, Westboro, MA 01581

Make checks payable to: **Becoming an Outdoorswoman/MSD.**

Participants must be 18 years of age or older. There is no age maximum.

Only one person may register per form. Please photocopy for additional registrations.

Sorry, we are not able to accept registrations by fax or phone and we cannot process credit card payments **Deadline for registration is 4 PM on June 1, 2005.**

Name: _____

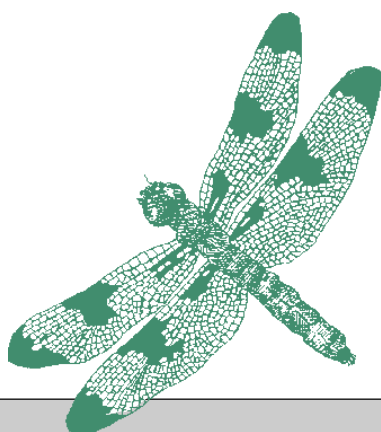
Phone: Day _____ Evening _____ E-Mail _____

Address: _____

City/State/Zip _____

I learned about the BOW workshops from: _____

Special dietary and food allergy information: _____



Registration Fee: \$300 \$_____

or with

Family Discount: \$270 each \$_____

Single Room*: \$ 30/Night \$_____

Ropes Courses*: \$ 30 each \$_____

Total Amount Enclosed: \$_____

**Optional Selection*

(Check or Money Order)

Special Needs: If you have a disability, medical condition or restricted diet requirements, please indicate them with your registration. We will do our best to accomodate your needs.

The applicant recognizes that participation in any of the activities making up the B.O.W. program involves an element of risk. By signing below the applicant affirms that she is aware of the risk of accident or injury, that she takes full responsibility her participation and waives the right to seek damages from the Massachusetts Division of Fisheries & Wildlife and its staff, the Becoming an Outdoors-Woman program staff or instructors, the Eastover Resort and its staff.

Participants also agree that photographs taken of them during the weekend may be used in future materials describing and/or promoting the program.

Signature _____

Visit our website at: www.masswildlife.org

Course Choices

Concurrent Sessions - Choose your courses by indicating your first (1) and second (2) choices for each session. **Deadline for registration is 4 PM on June 1, 2005.**

Pre-Session: Friday A.M. ☐ Introduction to Firearms

(THIS IS A REQUIREMENT FOR ANYONE TAKING A SHOOTING WORKSHOP WHO HAS LITTLE OR NO PREVIOUS FAMILIARITY WITH FIREARMS.)

Session I: Friday P.M.

- ☐ A. Introduction to Firearms
- ☐ B. Fishing Basics
- ☐ C. Riflery for Beginners
- ☐ D. Archery
- ☐ E. Wild Edibles
- ☐ F. Meet the Birds
- ☐ G. Ropes (Min. 8, Max. 20. Additional \$30)
- ☐ H. Map & Compass Skills
- ☐ I. Basic Horsemanship (Limit 5, add \$25)
- ☐ J. Basic Kayaking (Limit 10)

Session II: Saturday A.M.

- ☐ K. ATV Basics (Limit 8)
- ☐ L. Fly Fishing I
- ☐ M. Walking Stick Defense (Limit 15)
- ☐ N. Beginning Shotgun
- ☐ O. Beginning Handgun
- ☐ P. Intermediate Archery
- ☐ Q. Take a Hike!
- ☐ R. Reading Wildlife Sign (Limit 12)
- ☐ S. Lost in the Woods... I
- ☐ T. Practice Fishing Skills (Limit 6)

Session III: Saturday P.M.

- ☐ U. Fly Fishing II (Prereq. Fly Fish I)
- ☐ V. Lost in the Woods... II (Prereq. Lost I)
- ☐ W. Finishing School
- ☐ X. Canoeing for Beginners (Limit 6)
- ☐ Y. Skull & Bone Identification
- ☐ Z. The Fear Factor
- ☐ AA. Small Bore Shooting for Beginners
- ☐ BB. Geocaching
- ☐ CC. Basic Horsemanship (Limit 5, add \$25)
- ☐ DD. Nature of Self Defense

Session IV: Sunday A.M.

- ☐ EE. Fly-Tying
 - ☐ FF. Black Powder
 - ☐ GG. Intermediate Shotgun Workshop
 - ☐ HH. Backpacking
 - ☐ II. Fish & Game Cooking (Limit 10)
 - ☐ JJ. Ropes (Limit 20. Additional \$30)
 - ☐ KK. Canoeing II (Intermediate)
 - ☐ LL. Plants for Wildlife
 - ☐ MM. Lessons from the Past
 - ☐ NN. Nature Photography
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MassWildlife

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Westborough, MA 01581

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